

## What Is Tilt Table Testing?

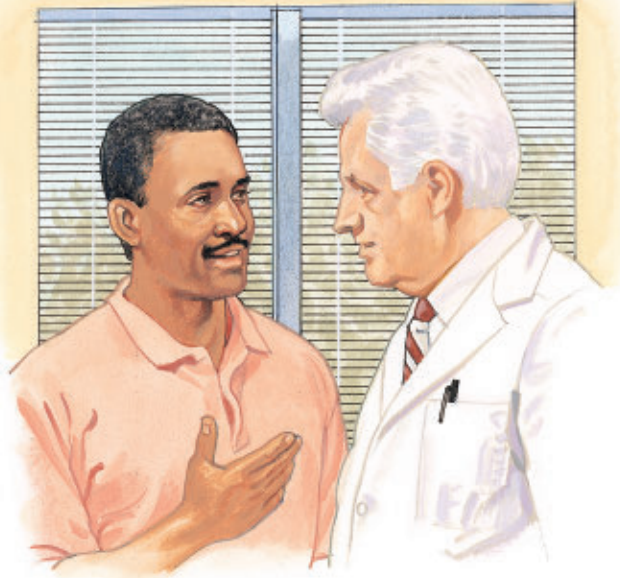
**Tilt table testing** is a test that helps the doctor pinpoint the cause of your fainting (syncope). It checks how changes in body position can affect your blood pressure. To do this, you are placed on a table that is tilted upward (from horizontal to vertical position). The test tries to recreate fainting symptoms while your blood pressure and heart rate are monitored. The test can be done in a hospital or at your doctor's office.

**The table tilts you upright** for a period of time. The test shows whether prolonged standing caused your symptoms.



## Your Test Results

Your doctor will discuss the results of the test with you. This may happen right after the test or at a later time. The results help you and your doctor plan treatment or further testing, if needed. Be sure to address any questions or concerns you have with your doctor.



### Consultant:

Alan B. Schwartz, MD, FACC

### With contributions by:

Mark E. Alexander, MD,

Electrophysiology

Brian Olshansky, MD,

Electrophysiology

This brochure is not intended as a substitute for professional medical care.

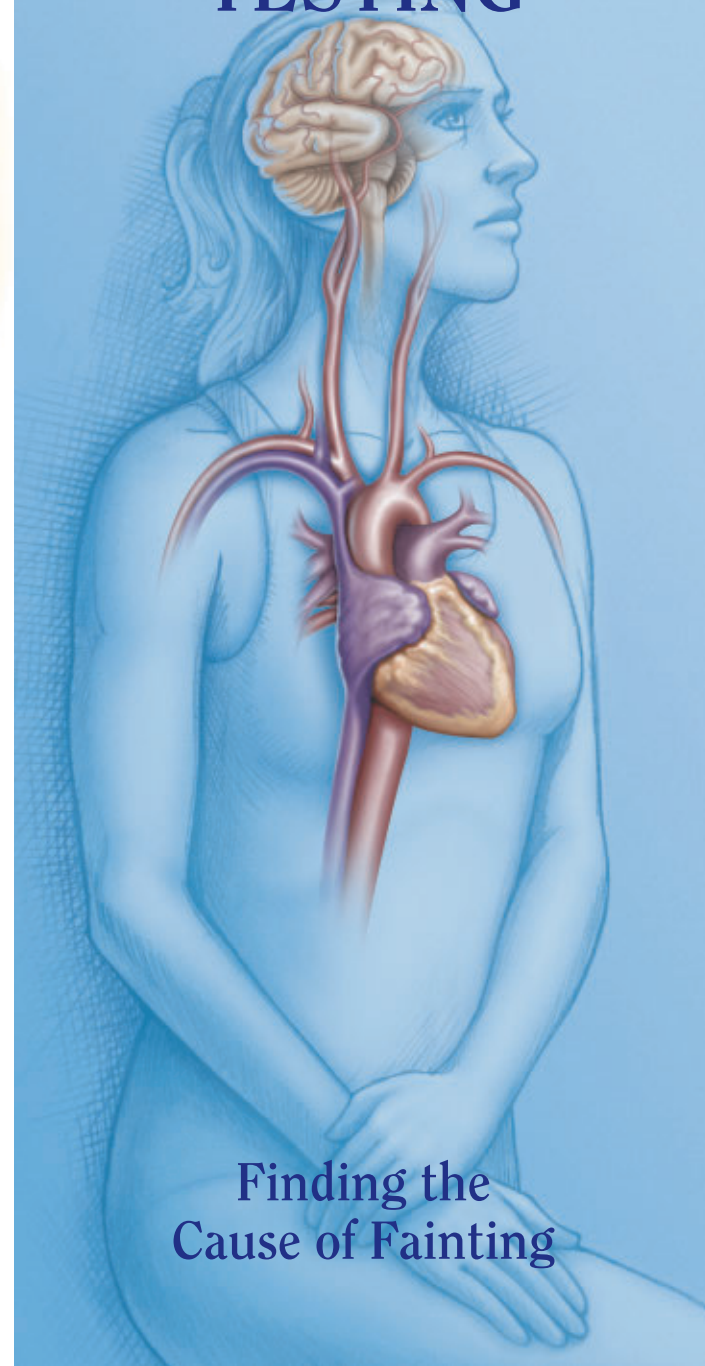
©2000, 2004, 2015 Krames, LLC.

All rights reserved. Made in the USA.

**Krames**  
[www.kramesstore.com](http://www.kramesstore.com)  
800.333.3032

**Krames**

## TILT TABLE TESTING



Finding the  
Cause of Fainting

## Before Your Test

Try to arrive a little early for your appointment. This will allow time to check in. For best results, prepare for the test as directed. Be sure to:

- Tell the doctor about all medications you take. This includes prescription and over-the-counter medications. You may need to stop taking some or all of these before the test.
- A few days ahead, arrange for a ride home after the test.
- Stop eating and drinking before the test as directed.
- On the day of the test, dress for ease and comfort. Wear a two-piece outfit, top and bottoms. You will need to undress from the waist up and put on a short hospital gown.



**Before the test, you'll need to avoid eating and drinking for a set amount of time.** If you have been told to keep taking any medication, swallow it with small sips of water only.

## During Your Test

Tilt table testing takes about an hour. The testing room is kept quiet and dimly lit. During the test:

- Small pads (electrodes) are put on your chest to monitor your heartbeat.
- A blood pressure cuff is put on your arm.
- An IV (intravenous) line may be placed in your other arm. The IV line delivers fluids.
- You'll be asked to lie flat on the table. Your upper body and thighs will be held in place with straps.
- The table tilts until you are almost standing upright.
- You'll remain upright for up to an hour. In most cases, the test is over in 30 to 45 minutes.
- Sometimes, people are given certain medications and retested. These may make you feel shaky.



**You will be monitored by your healthcare team through the entire test.**

## Report Any Symptoms

Let the doctor or technician know if you notice:

- Overall weakness
- Nausea
- Dimmed vision
- Sweating or lightheadedness
- A rapid heartbeat
- Any other symptoms

## After Your Test

Any medications used during the test should leave your system within 15 minutes. If you were told to skip daily medications before the test, ask if you should start taking them again. You're likely to be sent home right away. It's a good idea to have a friend or family member drive. If you fainted during the test, you may want to rest for a few hours once you're home.